

Healthy Bites

Your Newsletter from

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Fall 2008

Healthy Bites

*A little newsletter with
Expert Advice on Health, Wealth & Happiness*

From the Office

We continue to receive positive feedback about our newsletter and hope you all find it entertaining and informative. This is our third issue for the Fall of 2008.

We are proud and excited to announce that we are one of only three offices in Hawaii to be selected for the launch of the new Invisalign Teen system of orthodontics. The other two offices are both orthodontic specialists

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“You Didn’t FAIL... the DIET FAILED You!”

By Dr. Cliff Sheats

Most people have good intentions to lose weight... they just go about it all WRONG! Maybe you're one of the majority of dieters that have had short term success with dieting. You tried one of the diets, managed to stick with it for a while... lost some weight but now you're right back where you started... or WORSE.

The “quick fix” diets are always tempting.

However, they carry a number of pitfalls among them. Foremost, diets cause loss of muscle. Yes, you'll probably lose weight... but only for a short while. Up to HALF the weight loss will be water, glycogen and lean

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Courtesy of **Dr. Declan J. Devereux & Associates**



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(one is Dr. Holliday who also works here with us) so we are in select company. Anyway to promote this new treatment choice we will be hosting a Special event for Teen Invisalign. More good news is that we twisted the territory reps' arm and they have agreed to extend the promotion to our adult patients as well! Please look for the special promotional coupon in this issue for more news and a special offer for the event.

On a personal note we wanted to take this opportunity to mention a patient of ours who has helped us tremendously and we would like to return the favor. You see many years ago Rob Nelson brought his son in to see us for a dental emergency. Being the persistent types we suggested that Rob should see us as well. To make a long story short Rob was so happy with the care he received that he went on to recommend us to EVERYONE he knew, and he did it year after year!

The other day I was talking to him in our waiting room and found out that he has just launched his own business, which offers landscaping services. He knows a ton about this subject as he has been involved for over twenty years in managing some of the premier golf course developments in the country and here on Oahu. So if you or anyone you know needs some help with your landscaping needs please give Rob a call at 497-2115. He would be happy to give you a free estimate.

P.S.- If you know anyone who has been considering straightening their teeth or their children's teeth please let them know about our special event and we will hold a place for them so they don't miss out.

"In the truest sense, freedom cannot be bestowed; it must be achieved."

-- Franklin D. Roosevelt



FALL FOR A BEAUTIFUL SMILE

Invisalign® Special Event

~~Tuesday September 30~~

Special offer extended until October 22.



Dr. Declan Devereux will be providing Invisalign treatment consultation to answer your questions about Invisalign treatment, the clear way to straighten teeth. If you have wondered if Invisalign is right for you, ask the scheduling coordinator to schedule you for an appointment for this Special Event.

For eligible* Invisalign Special Events Patients:

Complimentary consultation

Down Payment matching up to \$500

Free teeth Whitening up to \$350 in value

Zero Down Payment on Invisalign treatment with approved credit

Space is limited to first 10 appointments

*Ask the scheduling coordinator about Invisalign Special Event Patient Eligibility

“You didn’t FAIL... the DIET FAILED You!”

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muscle.

When the dieter gains back the weight she “lost”... her fat to muscle ratio is worse than before starting the diet!

Dieting shuts down the metabolism to a “snail’s pace.” Typically, a dieter has gone on a “quick fix” diet because his or her metabolism isn’t doing the job anymore... its “NON-RESPONSIVE.”

If this is you, it means that your METABOLISM isn’t burning up all the calories you’re consuming.

The next time you’re tempted to yield to another “quick fix” diet... you’ll be armed with the TRUTH!

“Q & A with Dr. Cliff Sheats”

Q. How much Vitamin E should I take in ratio to the amount of Omega 3 Fish Oil per day?

A. Science is suggesting that a person taking Fish Oil supplements should be taking approximately 100 IU’s of Vitamin E for every 1000 mg of Fish Oil. This is to protect against oxidation issues.

Q. Is there a specific supplement that has shown to help with asthma?

A. There has been excellent research done with Omega 3 Fish Oil and asthma. Asthma is an

inflammatory problem. Omega 3 Fatty Acids have proven to reduce inflammation at the cellular level. This in turn produces an overall systemic lowering of inflammation throughout the body.

Q. What do you think of the popularity of Soy protein in snack bars?

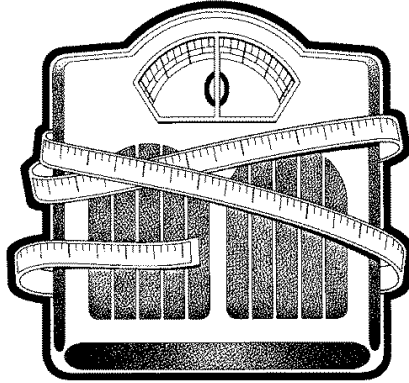
A. It’s unfortunate that slick marketing has caused confusion for consumers in the snack bar arena.

When we eat protein, our body breaks it down into amino acids that are “building blocks.” In turn, our body then goes to work making its own protein from these “construction materials.” While Soy protein is categorized as a complete protein..... it actually has

the lowest P.E.R. (protein efficiency ratio) of all complete proteins. The P.E.R. of Soy being so low actually places it into the status of a low quality protein.

You wouldn’t build your house with cheaper, low quality construction materials would you? Don’t build your body with a low quality protein. So, next time you see an energy bar touting the great number of grams of Soy protein.... don’t be impressed.

*Dr. Cliff Sheats is a National Best Selling Author, Board Certified Clinical Nutritionist with a Ph.D. in Health Sciences. For more information go to www.VeryBestYears.com and start **TURNING BACK Your Biological Age 15 Years!***



“Courage is what it takes to stand up and speak;
courage is also what it takes to sit down and listen.”

- Winston Churchill

“5 MORE Tips to Writing a Killer College Admission Essay”

By Ron Caruthers

In last month’s issue, I discussed 4 specific things to do to get started on your college admissions essay. Now, let’s discuss a few more tips to keep you on track.

Do not copy an essay.

I know, this should be obvious because cheating is wrong and all that, but there is a much more practical reason not to do it: If you’ve seen it, so have the admissions officers— probably dozens of times. And no school will admit a known plagiarist, so it’s not going to do you any good anyway.

Do not exceed the word limit (typically 200-500 words).

Most schools put a word limit on essays. Stay as close to it as you can. Going a little over or a little under is OK, but don’t go too much beyond that. You may feel that writing a super-long essay shows your commitment and dedication to the school, but to the admissions officer that has to read *hundreds* of these a day, it’s just annoying and it’s not going to win you any points. And, it may even cost you points because you didn’t follow the directions.

Prove what you say and be specific when you say it.

Most essays are weak, wimpy and vague. Be sure to include all the relevant details that will help paint a complete picture, like a journalist writing an article. For example, don’t just say you did well in the national competition; say what number you placed out of how many other competitors, as well as how long you prepared and anything else that would help make that statement live in your reader’s mind.

Avoid overused essay topics

There are a handful of topics that admissions officers see over and over again, so do your best to avoid them. Examples include:

- **International issues-** “*The situation in the Middle East must be solved!*”
- **Travel-** “*My trip to the Incan ruins taught me that deep inside we’re all the same.*”
- **Volunteer Work-** “*I just love to volunteer for the homeless. I, like, totally understand Mother Theresa when I work at the soup kitchen.*”
- **Sports-** “*Football taught me what was really important. A winner never quits and a quitter never wins.*”

It’s not that you have to completely avoid these topics if that’s what you’re really passionate about. It’s just that so many people use them that you start at a disadvantage unless you have a really unique take on the subject.

Read your essay out loud before you send it in.

I know it may sound crazy, but you will hear stuff that you don’t see when you are reading it to yourself. Also, any place where you stumble or trip over the words should be smoothed out so your essay flows without any distractions.

This list isn’t complete by any means, but hopefully, it will get you started and give you a leg up on everyone else while making the process fairly painless. And remember, effective communication is a skill that you’ll use for the rest of your life, so these tips should help you for years to come.

Ron Caruthers is the nation’s leading expert on all things related to college and careers.

Download tons of free information exclusively for SmartLife readers from his website www.CollegePlanningInc.com/SmartLife



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"No, I don't want to know what my approval rating is."

"Batter Up"

by Florence Markoff

For more than a hundred years Americans have had a love affair with baseball – and their passion has influenced our everyday language like no other sport.

We like people "right off the bat," particularly if they "have a lot on the ball" and never "throw us a curve."

And we all hope the fellow who was "born with two strikes against him" will get a second chance to "hit a home run" in "a whole new ballgame."

If you're a baseball "fan," you started out as a "fanatic."

The term "fan" appeared in the early 1900s when the owner of the St. Louis Browns described a friend as the greatest baseball fanatic he had ever known. Sports writers picked up the word and began to call baseball enthusiasts fanatics. Headline writers clipped the word and "fan" has been with us ever since.

If you're a fan you probably enjoy watching any pitcher who throws a great "screwball." The word was coined in 1923, when N.Y. Giants pitcher Carl Hubbell came up with a pitch that wobbled crazily as it approached the plate.

Fans called the pitch a screwball and today we use the word for anything or anyone whose behavior is strange and unpredictable.

Fans also enjoy double headers, an expression that comes from railroading where a double header is a train with two engines.

Then there's the seventh inning stretch, an expression that became part of the language during the 1910 season.

Then-President William Howard Taft, who tipped the scales at a robust 332 pounds, was attending a game in Pittsburgh.

Because of his weight he found it difficult to sit for any length of time so, in the middle of the seventh inning he stood to stretch.

The crowd saw him stand and thought he was leaving. To give him the proper respect, the crowd stood as well.

The President, unaware of the crowd standing, sat down again. The crowd followed and the seventh inning stretch was born.

Word lover, writer and radio personality Florence Markoff lives in Providence, RI

There's a
Word
for it.

"Back to School Means Backpack Safety"

Help protect kids from stress and strain, experts say

Backpacks help kids carry schoolbooks and supplies, but they can also be harmful when overloaded and/or improperly fitted, warns the American Physical Therapy Association.

"Wearing backpacks improperly or ones that are too heavy put children at increased risk for musculoskeletal injuries," Mary Ann Wilmarth, assistant dean and director of the transitional doctors of physical therapy degree at Northeastern University in Boston, said in a prepared statement. She's conducted a number of studies on school backpacks.

Posture problems

Injuries occur when children use faulty postures -- such as arching the back, bending forward, twisting, or leaning to one side -- when they're trying to manage a heavily loaded backpack. These faulty postures can cause improper spinal alignment, which hampers the functioning of spinal discs that provide shock absorption, Wilmarth explained.

Overloaded backpacks also place an extra burden on muscles and soft tissues, causing fatigue and strain that increases the risk of neck, shoulder and back injuries.

Safety tips

Wilmarth offered some backpack safety tips:

- Use both straps in order to better distribute the weight of the backpack and to promote a

well-aligned, symmetrical posture. Using one strap means that one side of the body has to bear most of the weight of the backpack.

- Be careful when putting on and removing backpacks. Keep the trunk of the body stable and avoid excessive twisting.



- The backpack should be positioned evenly in the middle of the back, near the wearer's center of gravity. It should not extend below the lower back.

- Adjust the shoulder straps so that the child is able to put on and remove the backpack without difficulty.

- While the straps should not be too loose, they should be adjusted to permit free movement of the arms.

- Keep the load at 10 percent to 15 percent or less of the child's body-weight. Children should carry only items they require for the day.

- The heaviest items in the backpack should be positioned closest to the back.

- Encourage children to be active, in order to promote better muscle strength and flexibility, which makes it easier to carry a backpack.

More information

The American Academy of Orthopaedic Surgeons has additional information about backpack safety.

"I have learned to use the word impossible with the greatest caution."

- Wernher von Braun